

March 2017

# Newsletter

## Close the Gap Day 2017

Thursday 16th March marks this years National Close the Gap Day. This day highlights the health inequalities between Aboriginal and Torres Strait Islander people and the rest of Australia.

There will be many community events taking place aimed at bringing people together to share information and to take action to reduce health inequality.

Nunkuwarrin Yunti will be holding a Close the Gap Day one week later on Thursday 23rd March at our 28- 30 Brady Street, Elizabeth Downs site from 10.30am- 2.30pm. This will be a great day filled with fun activities, information stalls, catered lunch and mini health checks. Transport will be available. Book with Tanya on (08) 8254 5300.



Other Close the Gap Day events are as follows:

### Closing the Gap Day

Thursday 16th March 2017

11.30am- 2.30pm

Carisbrooke Reserve

(opposite Old Spot Hotel)

Main North Road, Salisbury Park.

### Closing the Gap Day

Friday 17th March 2017

11.00am- 2.30pm

Neporendi Aboriginal

Community Centre

7 Vine Street, Old Reynella.

### Closing the Gap Day

Thursday 23rd March 2017

11.30am- 2.30pm

Tauondi College

Lispon Street, Port Adelaide.

**CLOSING THE GAP DAY**

Nunkuwarrin Yunti  
of South Australia Inc.

Thursday 23rd March  
10.30am- 2.30pm  
28- 30 Brady Street  
Elizabeth Downs

Join us for a day filled with fun activities, raffles, mini health checks, lunch and more.

Limited transport available.  
Book with Tanya on 8254 5300.

# Towilla Purruttiappendi and Link-UP End of Year Celebration

The end of 2016 saw both Social and Emotional Wellbeing programs; Towilla Purruttiappendi and SA Link Up come together and hold a joint end of year celebration for clients and their families.

The event was held in Regency Park where clients were provided with entertainment, a good lunch, lots of fun activities for children and adults, and even a special visitor at the end of the day.

Santa came to see the clients and children and handed out gifts to all, he was very popular with everyone on the day, with many wanting their photo taken with him.

SEWB would like to give a special thank you and acknowledgement to the Men's Group and members of the Volunteer group who gave their time and cooked the best BBQ on the day, the food was delicious. Also a huge thank you to Santa (SA Link Up client).

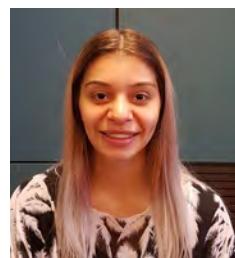
It was great to see staff, clients and volunteers come together and chip in to ensure the smooth running of the event and this contributed to everyone having a really special day.

The end of year celebration was a huge success with very positive feedback from all involved. It was a great opportunity to take time out, celebrate the year and have fun together as a group.



# New Team Member with the Harm Minimisation Team

Yazarae Greenwood is a 21 year old Nukunu, Narrunga and Kokatha woman. She is a social work student in her third year at Flinders University and will be with the Harm Minimisation Team for the next few months. Yazarae will also be working with Link-UP and Towilla Purruttiappendi on various projects.



## Green Mob

Nunkuwarri Yunti joined Adelaide City Council's City Switch Green Office program in 2014 and gained the New Signatory of the Year award followed by the Signatory of the Year award in 2015. In addition, we currently hold a 5 out of 6 star rating from the National Australian Built Environment Rating System (NABERS).



This year we welcome a few new faces to the Green Mob and we are expecting some fresh ideas and enthusiasm.

After some really big projects over the last couple of years, we will be looking at a number of smaller ways that Nunkuwarri Yunti can reduce its carbon footprint this year such as expanding the waste separation project to more areas, creating a food producing garden at Grand Junction Road, along with exploring the feasibility of installing solar panels.

We are also looking at supporting another similar organisation to "Go Green" and are considering some options on how to do this.

Mad March will soon be here with all of the hustle and bustle that brings to Adelaide it will once again be crazy in the city! It's a time to consider how we can change how we use transport in and out of the city. Parking is not good at the best of times and with all the added road closures due to Clipsal & Fringe events, it just adds to the frustration. Consider carpooling or using the buses or trains, or cycling to get into the city while this is happening. You never know, it might be change that you can keep going with throughout the year.



Look out for more exciting news about this year's projects.



Sign up to our newsletter by going to our website at [www.nunku.org.au](http://www.nunku.org.au) and scrolling to the bottom.



It affects our young people through to our Elders. Some Aboriginal people think diabetes is normal, but it doesn't need to be.

By getting a better understanding of the things that increase the chances of getting Type 2 diabetes and the problems it causes, it will help us find better ways of stopping the problem.

The Aboriginal Diabetes Study may help health workers and doctors understand how to help Aboriginal people and how to look after them better. For Aboriginal people in South Australia the benefits may include fewer eye, feet, kidney and heart problems from diabetes, or may delay these problems for longer.

To make a real difference for Aboriginal communities we need the help of a lot of Aboriginal people in South Australia! The Aboriginal Diabetes Study want to see 2000 people with diabetes and 2000 who do not have it. So even though you do not have diabetes we need you!

So, if you are Aboriginal, over 15 years old and in South Australia the Aboriginal Diabetes Study needs your help and together we can beat diabetes!

Nunkuwarri Yunti is passionate about improving the health of our mob and are currently supporting Wardliparingga with the recruitment of our clients and community for this very important study.

If you would like more information, or would like to register your interest please visit <https://aboriginaldiabetes.com/>

# The Tackling Tobacco Team has a new webpage!



The new webpage contains:-

- Quit smoking information and tools
- Current news and picture gallery
- Ambassador stories
- Workshops/ Clinic referral information
- Event information
- Competitions

And more!

You can get involved by visiting the webpage and joining the movement to build a strong, healthy future for our community. You'll be showing your support for our community to be healthy and smoke free. Visit:

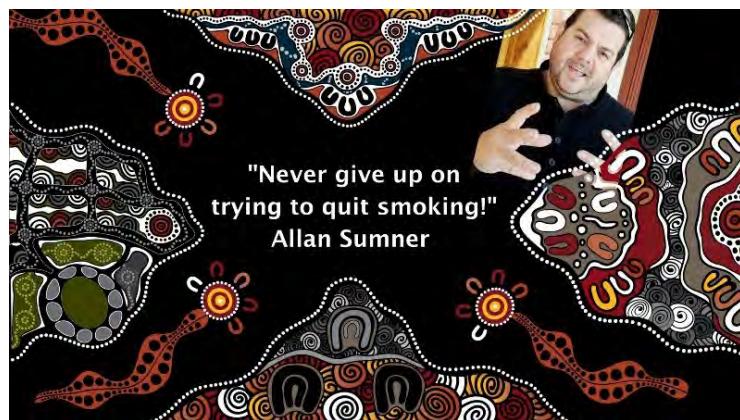
<http://tacklingtobacco.nunku.org.au/>

## 2017 Spirit Colour Fun Run & Walk

On January 29th 2017, the Nunkuwarrin Yunti Tackling Tobacco Team held its annual Spirit Colour Fun Run & Walk at Fremont Park, Elizabeth. Over 150 people joined in on celebrating smoke free environments, being healthy and smoke free. What a fabulous day! Thank you to everyone who participated. To view more photos from the event visit <http://tacklingtobacco.nunku.org.au/2017-spirit-colour-fun-run-walk/>



# New artwork illustrates the story Nunkuwarrin Yunti and the community share in tackling tobacco



Allan Sumner is a talented South Australian artist. He is a descendant of three Aboriginal peoples being the Ngarrindjeri people from the lower river and lakes of the Murray River along the Coorong, the Adelaide plains Kaurna people and the Yankunytjatjara people from central Australia.

The Nunkuwarrin Yunti Tackling Tobacco Team contracted Ochre Dawn who approached Allan to create an artwork to illustrate the story that Nunkuwarrin Yunti and the community share in tackling tobacco. Drawing upon his own experience, 20 years of

working in health, tobacco control and on personal health battles "It came to me very easy, to create the artwork" said Allan.

"The Tackling Tobacco Teams new artwork is a contemporary view which has traditional elements present, in particular the symbol in reference to the pregnant mothers and children are popular across many cultural groups. Some of the other symbols, you wouldn't necessarily see in Aboriginal artwork but they do have meaning. These new symbols will be used into the future. I think that's how Aboriginal artwork is bold, it was never ever the same before, the fact is, it's always taken someone to sit down and recreate something to give it meaning to say this is what I want it to represent, and that's exactly what I'm doing. My artwork in years to come, my children's children are going to say 'that symbol means this'. Aboriginal culture is living and always transforming, it's never set, it changes over a long period of time, and I'm just a part of creating that culture."

"Quitting smoking isn't easy and it's a narrow path. In the Tackling Tobacco Team artwork, I came up with the idea to illustrate that narrow path. There's always barriers to why people can't give up the smokes, so I thought it's like a river, to get across the river there is narrow paths, then there's stepping stones in the river, you have to find those stepping stones of support to get across to the fresh air on the other side". Further "I wanted the artwork to be vibrant and eye catching so that people stop and take a look. I wanted to really portray the messages well, therefore I put a lot of thought into the descriptions of the symbols used, so that when people look at the artwork they understand the full meaning and story behind it". Allan explained that the artwork being contemporary in nature containing new stories, cultural symbols and significant meaning, will continue to be linked to Aboriginal history, it will in time become a very valuable story to the viewers.

"Our community strengths are in yarning and the grape vine, talking to each other and finding those change champions in the community that can tell their story. Our community is resilient. Our health, children, family and the cost of smoking are huge motivators to be smoke free". Allan hopes that by creating this artwork, it will help Nunkuwarrin Yunti and the community to tell its story.



To see Allan's message to the community, visit The Nunkuwarrin Yunti Tackling Tobacco Team new webpage:  
<http://tacklingtobacco.nunku.org.au/new-artwork-illus...tackling-tobacco/>

**UPCOMING EVENTS****Closing the Gap Day**

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Lispone Street, Port Adelaide.

**UPCOMING TRAINING**Contact the People Development Unit on  
**(08) 8168 8300** to enrol.**April****10th** - Start of 3-day SEWB Workforce  
Support Forum: Connecting with People:  
Suicide and Self-Harm Training (Wilpena  
Pound)**10th**- Mental Health First Aid workshop  
(2 days)**May****2nd**- Start of 3-day SEWB Workforce  
Support Statewide Forum in Ceduna**22nd**- Aboriginal and TSI Suicide  
Intervention workshop (2 days)**25th**- Mental Health First Aid workshop  
(2 days)**June****14th**- HLTAHW035 Provide Information  
and Support around Cancer (3 days)**CURRENT VACANCIES****Position Title:** Social Health Team  
Manager – Link Up SA**Position Title:** Towilla Purruttiappendi  
(Healing Our Spirit) Team Manager**Position Title:** Chronic Conditions  
Clinical Workers- More than One  
Position**Position Title:** Senior General  
Practitioner**Position Title:** Finance Officer**Position Title:** Casual Transport  
Officer / Receptionist (Casual Pool)For more info go to: <http://nunku.org.au/working-with-us/current-vacancies/>

## Nunkuwarrin Yunti Locations

**182-190 Wakefield Street, Adelaide**

Tel: (08) 8406 1600  
 Centre Fax: (08) 8232 0949  
 Health Fax: (08) 8223 7658  
 Office Hours: Monday-Friday  
 9.00am-5.00pm

**28-30 Brady St, Elizabeth Downs**

Tel: (08) 8254 5300  
 Fax: (08) 8254 9182  
 Office Hours: Tuesday-Friday  
 9.00am-5.00pm

**80 South Terrace, Adelaide  
(Education and Training purposes only)**

Tel: (08) 8168 8300  
 Fax: (08) 8212 6777  
 Office Hours: Monday-Friday  
 9.00am-5.00pm

**94 Grand Junction Road, Kilburn  
(Tackling Tobacco via appointment)**

Tel: (08) 8406 1600  
 Fax: (08) 8169 7210  
 Office Hours: Monday-Friday  
 9.00am-5.00pm